

CITY OF LINCOLN

RECREATION GUIDE

SPRING/SUMMER 2020



Aquatics

pg. 4 - 5

Kids Kamp

pg. 6 - 7

Teen/Tween

pg. 15

CITY OF LINCOLN

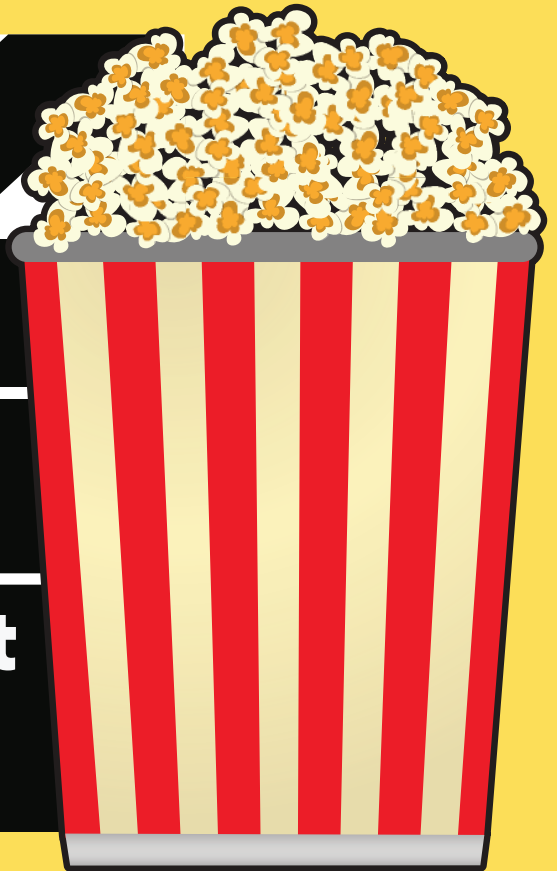
MOVIE SERIES

Friday Family Fun

Activities at 7:30

Free

**Movie at
Dusk**



FROZEN II

Nathan Dubin Park

THE GOONIES

Peter Singer Park

TOY STORY 4

McBean Park

JUNE 12

JULY 10

AUG 7

Sponsorship & Vendor Opportunities 916.434.3223

WELCOME



2010 First Street
Lincoln, CA 95648

(916) 434 - 3220

Mon-Fri
8:30am - 12pm, 1 - 4:30pm
Closed from 12 - 1pm

www.LincolnRec.net

CITY OF LINCOLN COMMUNITY CENTER



New Registration System

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Each swim lesson session includes eight 40 minute lessons. Sessions are Tuesday-Friday for two weeks.

Fee: \$67.50/\$72.50NR

	Spring Session 1 5/12-5/22	Spring Session 2 5/26-6/5	Summer Session 1 6/9-6/19	Summer Session 2 6/23-7/3	Summer Session 3 7/7-7/17	Summer Session 4 7/21-7/31	Summer Session 5 8/4-8/14	Summer Session 6 8/18-8/28
10-10:40am			P/P • AQ20.018	Level 1 • AQ20.042	P/P • AQ20.066	Level 1 • AQ20.090	P/P • AQ20.114	
			Level 1 • AQ20.019	Level 2 • AQ20.043	Level 1 • AQ20.067	Level 2 • AQ20.091	Level 1 • AQ20.115	
			Level 2 • AQ20.020	Level 3 • AQ20.044	Level 2 • AQ20.068	Level 3 • AQ20.092	Level 2 • AQ20.116	
			Level 4 • AQ20.021	Level 4 • AQ20.045	Level 4 • AQ20.069	Level 4 • AQ20.093	Level 4 • AQ20.117	
10:45-11:25am			P/T • AQ20.022	P/T • AQ20.046	Level 1 • AQ20.070	Level 1 • AQ20.094	Level 1 • AQ20.118	
			Level 1 • AQ20.023	Level 1 • AQ20.047	Level 2 • AQ20.071	Level 2 • AQ20.095	Level 2 • AQ20.119	
			Level 2 • AQ20.024	Level 2 • AQ20.048	Level 3 • AQ20.072	Level 3 • AQ20.096	Level 3 • AQ20.120	
			Level 3 • AQ20.025	Level 3 • AQ20.049	Diving • AQ20.073	Level 4 • AQ20.097	Level 4 • AQ20.121	
11:30am-12:10pm			Level 1 • AQ20.026	P/P • AQ20.050	Level 1 • AQ20.074	P/P • AQ20.098	Level 1 • AQ20.122	
			Level 1 • AQ20.027	Level 1 • AQ20.051	Level 2 • AQ20.075	Level 1 • AQ20.099	Level 2 • AQ20.123	
			Level 2 • AQ20.028	Level 2 • AQ20.052	Level 3 • AQ20.076	Level 2 • AQ20.100	Level 3 • AQ20.124	
			Level 3 • AQ20.029	Diving • AQ20.053	Level 5 • AQ20.077	Level 4 • AQ20.101	Level 5 • AQ20.125	
12:15-12:55pm			Level 1 • AQ20.030	Level 1 • AQ20.054	Level 1 • AQ20.078	Level 1 • AQ20.102	Level 1 • AQ20.126	
			Level 2 • AQ20.031	Level 2 • AQ20.055	Level 2 • AQ20.079	Level 2 • AQ20.103	Level 2 • AQ20.127	
			Level 3 • AQ20.032	Level 3 • AQ20.056	Level 3 • AQ20.080	Level 3 • AQ20.104	Level 3 • AQ20.128	
			Level 4 • AQ20.033	Level 4 • AQ20.057	Level 4 • AQ20.081	Level 5 • AQ20.105	Level 4 • AQ20.129	
5:30-6:10pm	P/P • AQ20.002	P/P • AQ20.010	Level 1 • AQ20.034	Level 1 • AQ20.058	Level 1 • AQ20.082	Level 1 • AQ20.106	Level 1 • AQ20.130	Level 1 • AQ20.138
	Level 1 • AQ20.003	Level 1 • AQ20.011	Level 2 • AQ20.035	Level 1 • AQ20.059	Level 2 • AQ20.083	Level 1 • AQ20.107	Level 2 • AQ20.131	Level 2 • AQ20.139
	Level 2 • AQ20.004	Level 2 • AQ20.012	Level 3 • AQ20.036	Level 2 • AQ20.060	Level 3 • AQ20.084	Level 2 • AQ20.108	Level 3 • AQ20.132	Level 3 • AQ20.140
	Level 4 • AQ20.005	Level 4 • AQ20.013	Level 4 • AQ20.037	Level 3 • AQ20.061	Level 4 • AQ20.085	Level 3 • AQ20.109	Level 4 • AQ20.133	Level 4 • AQ20.141
6:15-6:55pm	Level 1 • AQ20.006	Level 1 • AQ20.014	P/P • AQ20.038	P/P • AQ20.062	P/P • AQ20.086	P/P • AQ20.110	P/P • AQ20.134	P/P • AQ20.142
	Level 2 • AQ20.007	Level 2 • AQ20.015	Level 1 • AQ20.039	Level 1 • AQ20.063	Level 1 • AQ20.087	Level 1 • AQ20.111	Level 1 • AQ20.135	Level 1 • AQ20.143
	Level 3 • AQ20.008	Level 3 • AQ20.016	Level 2 • AQ20.040	Level 2 • AQ20.064	Level 2 • AQ20.088	Level 2 • AQ20.112	Level 2 • AQ20.136	Level 2 • AQ20.144
	Level 4 • AQ20.009	Level 4 • AQ20.017	Level 4 • AQ20.041	Level 4 • AQ20.065	Level 4 • AQ20.089	Diving • AQ20.113	Level 4 • AQ20.137	Level 4 • AQ20.145

Parent/Toddler (P/T): 6-24 months

Parent participation required. To develop a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water.

Parent/Preschool (P/P): 2-5 years

Parent participation required. To develop a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water. Some objectives are to exhale underwater (blow bubbles), and demonstrate a readiness to float with support.

Level 1: Introduction to Water Skills

To orient participants to the aquatic environment and teach children elementary skills that can be built on as they progress through The Learn to Swim program. Some objectives are to fully submerge head and retrieve underwater objects and to perform back float and front float.



Level 2: Fundamental Aquatic Skills

To build on the fundamentals learned in Level 1 such as aquatic locomotion, safety, and rescue skills, and to perform a combined stroke on front and back.

Level 3: Stroke Development

Learning objectives for this class are to coordinate the components of the front and back crawl, retrieve objects unsupported with eyes open, rotary breathing in a horizontal position, and learn the basic rules of diving.

Level 4: Stroke Improvement

To develop confidence and competency in the aquatic skills presented so far in the Learn to Swim program. Some learning objectives are diving from the side of the pool, building endurance by swimming elementary backstroke, breaststroke, butterfly, front and back crawl.

Level 5: Stroke Refinement

To coordinate and refine the key strokes presented thus far in The Learn to Swim program and to introduce flip turns while swimming on front and back, and tuck and pike surface dives.

Diving

A class that builds on the skills already learned. Teaching starts with beginning diving skills and will progress at the rate of the student's ability. Must have Level 4 skills.

Private Swim Lessons

For 1 participant, \$150

Semi-Private Swim Lessons

For 2-3 participants, \$225

Private and Semi-Private Lessons are available during the regular session dates from 1-1:30pm, 1:30-2pm, 5-5:30pm and 7-7:30pm

Contact McBean Pool at (916) 434-3230 for registration and scheduling.



Drop-In Programs

Drop-In admission fees apply to Recreation Swim, Family Swim, Lap Swim, Water Fitness and Tiny Tot Playtime.

3 & Under.....	Free
4-17.....	\$3
Adult.....	\$5

Recreation Swim

The pool is open during the summer for recreation swim. The facility is equipped with diving boards, picnic areas, showers, and changing rooms. Lap lanes are available during lap swim times only. Children under the age of 8 are not permitted without an adult. *Schedule subject to change.*

6/8 - 8/12 • Mon-Fri • 2-5pm
6/15 - 8/31 • Sat • 2-5pm
4th of July & Labor Day: 12-5pm

Family Swim Night

Bring the family out for an evening of fun at the pool during our Family Swim on Monday Nights!

6/10 - 8/26 • Mon • 5:30-7:30pm

Tiny Tot Playtime

Tiny Tot Playtime is designed for children 6 & under along with their parents &/or guardian. Playtime is a great way to introduce your child to water.

Sat • 10-11:30am • 6/13, 6/20, 7/25, 8/15, 8/22, 8/29

Water Fitness

Take advantage of the water's natural resistance in a low impact environment. This class combines shallow & deep water aerobics and is suitable for all fitness levels. **Ages 15+** Passes are available for sale at the pool during program times.

5/4 - 8/31 • M/W/F • 7:30 - 8:15pm
9/2 - 10/28 • M/W • 6:30 - 7:15pm

Lap Swim

Participants may swim laps, water walk, or exercise at their own pace. The following equipment is available for use: kick boards, pull buoys, and noodles. **Ages 15+**

5/5 - 8/27 • T/Th • 7:30 - 8:30pm

Pool Passes

Family Passes & Individual passes are good for entrance to Recreation Swim, Family Swim Night, and Tiny Tot Playtime. Water Fitness Passes are good for Water Fitness & Lap Swim.

Family Pass

\$120 (up to four people)
\$25 per additional family member

Individual Pass

\$50 Ages 4-17
\$75 Ages 18+

Water Fitness Pass

\$50 10 visit punch card
\$95 20 visit punch card
\$300 Water Fitness Season Pass

Pool Rentals/Parties

Private Pool Parties

The McBean Pool is available to rent for your special occasion. Rentals include exclusive use of the pool, deck, and picnic area and are staffed with lifeguards. Private parties are available on Saturdays or Sundays. *Call us today to schedule your private pool party!*

Fees:

\$125 per hour (*first 50 guests*)
\$30 per hour per guard (*each additional 20 guests*)

Birthday Parties

Have a stress free birthday party and leave the planning to us! Parties are held during Recreation Swim.

Party Package Includes:

Use of McBean Pool facility during designated swimming hours for up to 3 hours, reserved tables for 1 hour, cake, punch, party invitations, paper products, and a party host.

Fees:

\$175 for 1-10 children
\$250 for 11- 20 children
\$4 for each additional child

Add-On Options:

Pizza, \$25 per 10 guests



Junior Lifeguarding

American Red Cross Junior Lifeguarding is designed to guide adolescents ages 11-14 to the Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. It serves to bridge the gap between Learn-to-Swim and Lifeguarding, and includes the following topics: Development of swimming skills and endurance • Victim recognition • First Aid/CPR/AED • Water rescue skills

AQ20. 204 • 6/8 - 6/28
Mon-Fri • 2:30 - 4:30pm • Fee: \$125/\$130NR

Basic Water Rescue

Whether you are a foster or adoptive parent seeking certification requirements – or you work or volunteer in a field that takes you on, in, or near the water – or you're a weekend warrior who loves to swim, boat or paddle around the pool – our Basic Water Rescue programs can complement all that you do. This Basic Water Rescue course provides individuals with the information and skills necessary to prevent, recognize and respond to aquatic emergencies. The Basic Water Rescue course does not provide participants with all the information and skills needed to be certified as a lifeguard. Bring a swim suit and towel to this one day class. Age: 16+

AQ20. 217 • 7/25 • Sat • 9am - 1:20pm
\$55/\$60NR

Lifeguard Recertification

Please contact the pool for more information, (916) 434-3230



Lincoln Lightning

The Lincoln Lightning Swim Team is a non-traveling, intramural program. Placement on the team is based on space availability and skill level as determined by mandatory tryout/evaluation and space availability. Go to the Aquatics page at www.LincolnRec.net for specific guidelines and requirements. **Age: 6-18**

Practice Times: 7:30-10am*

Practice Days: Tues, Wed, and Fri

AQ20.200 • 6/16-8/8 • \$160/\$165NR

Lightning Bugs

The Lightning Bugs is a beginner program for our Lincoln Lightning Swim Team. Placement into Bugs is based on skill level as determined by a mandatory tryout/evaluation and space availability. Go to the Aquatics page at www.LincolnRec.net for specific guidelines and requirements. **Age: 4-16**

Practice Times: 8-10am*

Practice Days: Mon and Thurs

AQ20.201 • 6/15-8/8 • \$110/\$115NR

Mandatory Tryouts/Evaluations

5/20, 5/21 • 3 - 5pm

5/23 • 9 - 12pm

Participants must attend **ONE** of the mandatory tryout/evaluation times if he/she **WAS NOT** on the Lincoln Lightning or Lightning Bugs during the 2018 season **OR** If participant wants to advance from Bugs to Lightning.

Important Dates and Information

Pre-Registration is required for returning participants before the end of the day on **5/25** for placement. If participant is placed on a team, registration and payment will be required at first practice. Teams will be posted online and at the office on **6/4**.

Swim Meet Dates:

June 27, July 18 & August 1 • 8am - 1pm

End of Season Awards Social: August 8

Swim Team Conditioning

PRE TRYOUT - This 5 day program is for swimmers preparing for swim team try outs. Swimmers will work on endurance and technique as required per swim team guidelines. **Ages 4-18**

AQ20.203 • 5/11 - 5/15

Mon - Fri • 3:30 - 4:30pm • \$45/\$50NR

POST TRYOUT - This 8 day program will help improve conditioning and skill building for swimmers interested in preparing for the swim team season or just getting in shape. **Ages 4-18**

AQ20.218 • 5/26 - 6/5

Tues - Fri • 3:30 - 4:30pm • \$67.50/\$72.50NR

**Specific practice schedule will be determined once participants are assigned to a team.*

KIDS KAMP
GRADES

K-5

SUMMER KIDS KAMP AT- CREEKSIDE OAKS ELEMENTARY

Kids Kamp is designed to inspire kids to explore, discover and play by providing fun, safe and age appropriate recreation enrichment programs which encourage social development, provide diverse experiences, and promote health and wellness.

Each week will be inspired by a theme and will be filled with making new friends all while enjoying action packed games, arts and crafts projects, yummy cooking projects, sports, science and awesome field trips! Please bring a sack lunch and water to camp daily. **SNACKS WILL BE PROVIDED!** Come join the fun!

Creekside Oaks Elementary School

Monday - Friday • 9am - 4pm

Fee: \$165 per week (Full Day) • \$95 per week (Half Day)

Extended Hours:

Morning Hours from 7:30am - 9am • \$35

Afternoon Hours from 4pm - 5:30pm • \$35

OPTIONAL POOL DAY: \$7 PER CAMPERPAYMENT
PLANS
AVAILABLE!**Week 1 - I Love the 80's**

JUNE 15-19 • DOUBLE DARE CHALLENGE

FIELD TRIP: ROLLER KING

Who doesn't love the 80's? This week is going to be totally radical! Get ready to travel back into the era of the 80's where things were so totally awesome! This week will include 80's trivia challenges, wacky socks dress up day, jump ropes, magicians a field trip to Roller King, tie dye some totally tubular shirts and have the coolest Double Dare Challenge to end out our week! It's going to be a jammed pack week full of total radicalness to start your summer off right!

Week 2 - Disney Fever

JUNE 22-26 • DISNEY DAY CHALLENGE

FIELD TRIP: DISNEY PIXAR'S SOUL @ BLUE OAKS THEATRE

Disney Fever will be in full effect this week. Campers can swim like Nemo, make Peter Pan hats, get lost in Neverland themed games, dress up in your craziest hats like the Mad Hatter on Alice & Wonderland, be one of the firsts to see Disney Pixar's new movie, Soul AND test their Disney knowledge against the staff in a friendly game of Camper vs. Counselor, then campers will head out on an adventurous Disney themed treasure hunt full of challenges! This week is sure to be filled with lots of Disney fun and excitement!

Week 3 - Rodeo Round-Up

JUNE 29-JULY 3 • AMAZING RACE CHALLENGE

FIELD TRIP: STRIKES BOWLING

Strut like a chicken, quack like a duck and come get down on the farm with us! Join us for a full week of crazy barnyard antics that's sure to bring out the animal lover in all of us. From making farm animal puppets to making a delicious trail mix, we have got something for everyone this week!

Week 4 - One-in-a-minion

JULY 6-10 • GEO CACHING CAMP COMPETITION

FIELD TRIP: MINIONS 2 @ BLUE OAKS THEATRE

Assemble the Minions! It is time to go Ba Ba Ba Bananas!! This week we will learn to speak like minions, make super cool minion fuse beads, eat ba-na-nas during our snack lab, watch the new Minions 2 movie in theatres and end the week with a fun minion-filled geo caching adventure. You also won't want to miss Wednesday...we are going to yellow out camp! The snacks will be yellow, the games will be yellow, we will all be wearing yellow, it's going to be a super fun day that you won't want to miss!



Week 5 - Sports Madness

JULY 13-17 • KIDS KAMP OLYMPICS

FIELD TRIP: BOUNCE U

As you prepare at home for the 2020 Tokyo Summer Olympics, here at Kids Kamp, we will be hosting our very own Kids Kamp Summer Olympics. Olympics are a celebration of friendship, unity and peace. This is why Kids Kamp is excited to bring the Summer Olympics to our camp. Teams will start off by coming up with a team name, team flag and team chant followed by our opening ceremonies on Monday afternoon. During the week Olympians will compete for their medals and we will end the week with our closing ceremonies on Friday. We will also get the kids familiar with some of our USA Olympians so when they watch the Olympics, they can cheer on our USA teams!

Week 6 - Animal Safari

JULY 20-24 • SURVIVOR COMPETITION

FIELD TRIP: MONSTER MINI GOLF

Experience the amazing world of animals at Kids Kamp! This week is full of wild and crazy adventures! This week will include some jungle themed arts & crafts, jungle themed games, a safari themed dress up day, a field trip to Monster Mini Golf and we will end the week with a super fun Survivor Challenge!

Week 7 – Spectacular Science

JULY 27-31 • ESCAPE ROOM CHALLENGE

FIELD TRIP: WAKE ISLAND

What kid doesn't love science? Join us this week for some explosive fun! This week we will be making ooey gooey messes, testing wild experiments, coding robots, building rockets and watching them soar! We will even be decoding and cracking codes like super secret spy agents in our Kids Kamp lab!

Week 8 - Crazy Days of Summer

AUGUST 3-7 • COLOR WARS

FIELD TRIP: JOHN'S INCREDIBLE PIZZA

The crazy days of summer are winding down for most, but not for Kids Kamp! We have saved some of the best days for this week! Each day will be packed with campers favorite games of summer, water games, minute-to-win-it challenges and ending the week with our camp favorite color wars.

Week 9 - Heroes Journey

AUGUST 10-14 • FEAR FACTOR COMPETITION

FIELD TRIP: SUNSPASH WATERPARK

Calling all Super Heroes!! Kids Kamp needs your help as someone has taken the ice cream for our party this week! This week campers will train to be like their favorite super heroes! Campers will crawl through the flash dash course, train with silly string, knock over boxes like the Hulk, Use our sticky hands to catch super sneaky clues, draw descriptions of who they think it might be and even learn how to trap the bad guys when they catch them! After they have completed their training, campers will then be sent out on a mission to "catch" the bad guy. They will be split into teams, have to read clues to find the "bad guy"! This is sure to be a thriller of a week! Space is limited this week so be sure to register early!



NOW OFFERING TWO REGISTRATION OPTIONS!



9AM - 12PM -OR- 1PM - 4PM

-OR-



9AM - 4PM

TINY TYKES

FUNdamental SOCCER CAMPS For Ages 2 - 6

Location: Foskett Regional Park
Instructor: Challenger Sports Staff
Fee: \$130/\$135NR

All players will receive a soccer ball, camp t-shirt and player evaluation as part of their soccer package!



TinyTykes is a new and exciting program that teaches basic soccer skills while developing strength, balance, coordination, listening skills and teamwork for children aged 2-6. Camps are Monday – Friday, this 5 day curriculum has been developed by soccer experts, child development professionals and experienced coaches, ensuring a positive soccer experience for your child! Program is coached by licensed & Professional British or Brazilian coaches.

TinyTykes Cubs Camp

A fun introduction to soccer focusing on games and activities to introduce and develop coordination, balance, running, stopping, turning, kicking, dribbling, throwing & catching.

Age: 2 - 3
YF20.129 • 7/13 - 7/17 • Mon-Fri • 9-10am

TinyTykes Lions Camp

A more advanced camp dedicated to improving the fundamentals of soccer through games and activities further developing young players running, stopping, turning, kicking, dribbling, throwing & catching.

Age: 4 - 5
YF20.130 • 7/13 - 7/17 • Mon-Fri • 10-11am

Age: 5 - 6
YF20.131 • 7/13 - 7/17 • Mon-Fri • 11am - 12pm

Also offering TinyTykes Classes!

See page 12 for details

What to Wear

Please wear soccer sports attire.
Shin guards and soccer cleats are recommended, but not required.
No open toed shoes.



Hoop Improvement Summer Skills Camp

This four day, fun filled camp will provide your young player the opportunity to learn about basketball in a fun and positive environment. Each day will feature easy to learn instruction along with enjoyable games and contests that will enhance their development and love of the game. Coach Rick Bauer is the owner and coach of Good Sport U.

Location: Twelve Bridges Middle School, Gym
Instructor: Rick Bauer
Fee: \$55/\$60NR

Age: 5 - 8
Mon-Thurs • 4:30-5:25pm
YF20.122 • 6/22 - 6/25

Age: 9 - 12
Mon-Thurs • 5:30-5:25pm
YF20.123 • 6/22 - 6/25



We also offer Hoop Improvement Classes

See page 13 for details



Basketball Skills Camp

Fee: \$80
Location: Twelve Bridges Middle School

Session 1

Registration Deadline: 6/21
Dates: 6/22 - 6/26 • Mon-Fri

Session 2

Registration Deadline: 7/19
Dates: 7/20 - 7/24 • Mon-Fri

Volleyball Summer Skills Camp

Fee: \$80
Location: Twelve Bridges Middle School
Dates: 7/13 - 7/17 • Mon-Fri

Flag Football Boot Camp

Fee: \$80
Location: Foskett Regional Park
Dates: 7/27 - 7/31 • Mon-Fri

More Information on Page 16!



Trolls camp is a fun exciting three day camp full of fun and exciting activities and dance movements. During the three days campers work on crafts, team building games and learning new dance moves all based around the Trolls movie and music. Every day of camp we build onto a dance routine that we perform on the last day of camp for the adults coming for pick up. We also provide a snack for all campers.

Ages: 4-8

Mon, Tues, Wed • 10am-1pm
DA20.112 • 7/6 - 7/8 • \$150/\$155NR



Level Up Gamer Dance Camp is a fun exciting three day camp full of fun and exciting activities and dance movements. During the three days campers work on crafts, team building games and learning new dance moves all based around Video Games such as Fortnite and Minecraft. Every day of camp we build onto a dance routine that we perform on the last day of camp for the adults coming for pick up. We also provide a snack for all campers.

Ages: 6-10

Mon, Tues, Wed • 10am-1pm
DA20.113 • 7/20 - 7/22 • \$150/\$155NR

We also offer Dance Classes!

See page 10 for details

Gymnastics

These classes are for children ages 18 months to 10 years of age. Instructor Angie Floyd creates a fun program for girls and boys that teaches basic gymnastics skills in a positive learning environment. Each class includes activities that are geared toward improving gross motor skills, hand-eye coordination, and developing self-esteem in children. Sibling and family discounts are available.

Location: Community Center

No class dates: 5/23, 6/30, 7/1, 7/2, 7/3, 7/4, 9/5

Little Dippers

Parents assist their children in a wide range of fun activities designed to benefit toddlers physically, mentally, and socially.

Ages: 1.5 - 3

Tues • 10-10:45am

GY20.100 • 5/12 - 6/16 • \$60/\$65NR

GY20.101 • 6/23 - 8/4 • \$60/\$65NR

GY20.102 • 8/18 - 9/15 • \$50/\$55NR

Fri • 9-9:45am

GY20.103 • 5/15 - 6/19 • \$60/\$65NR

GY20.104 • 6/26 - 8/7 • \$60/\$65NR

GY20.105 • 8/21 - 9/18 • \$50/\$55NR

Sat • 9:35-10:20am

GY20.106 • 5/16 - 6/20 • \$50/\$55NR

GY20.107 • 6/27 - 8/1 • \$50/\$55NR

GY20.108 • 8/15 - 9/19 • \$50/\$55NR

Big Dippers

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Age: 3

Tues • 11-11:45pm

GY20.109 • 5/12 - 6/16 • \$60/\$65NR

GY20.110 • 6/23 - 8/4 • \$60/\$65NR

GY20.111 • 8/18 - 9/15 • \$50/\$55NR

Sat • 10:30-11:15am

GY20.112 • 5/16 - 6/20 • \$50/\$55NR

GY20.113 • 6/27 - 8/1 • \$50/\$55NR

GY20.114 • 8/15 - 9/19 • \$50/\$55NR

Comets

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Ages: 3 - 4

Tues • 3:15-4pm

GY20.115 • 5/12 - 6/16 • \$60/\$65NR

GY20.116 • 6/23 - 8/4 • \$60/\$65NR

GY20.117 • 8/18 - 9/15 • \$50/\$55NR

Fri • 11-11:45am

GY20.118 • 5/15 - 6/19 • \$60/\$65NR

GY20.119 • 6/26 - 8/7 • \$60/\$65NR

GY20.120 • 8/21 - 9/18 • \$50/\$55NR

Shooting Stars

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Ages: 4 - 5

Tues • 9-9:45am

GY20.121 • 5/12 - 6/16 • \$60/\$65NR

GY20.122 • 6/23 - 8/4 • \$60/\$65NR

GY20.123 • 8/18 - 9/15 • \$50/\$55NR

Thurs • 4:30-5:15pm

GY20.124 • 5/14 - 6/18 • \$60/\$65NR

GY20.125 • 6/25 - 8/6 • \$60/\$65NR

GY20.126 • 8/20 - 9/17 • \$50/\$55NR

Fri • 10-10:45am

GY20.127 • 5/15 - 6/19 • \$60/\$65NR

GY20.128 • 6/26 - 8/7 • \$60/\$65NR

GY20.129 • 8/21 - 9/18 • \$50/\$55NR

Sat • 8:45-9:30am

GY20.130 • 5/16 - 6/20 • \$50/\$55NR

GY20.131 • 6/27 - 8/1 • \$50/\$55NR

GY20.132 • 8/15 - 9/19 • \$50/\$55NR

Galaxies

This transitional class focuses on learning fundamental gymnastics skills and developing strength and flexibility.

Ages: 5 - 6

Thurs • 5:25-6:10pm

GY20.133 • 5/14 - 6/18 • \$60/\$65NR

GY20.134 • 6/25 - 8/6 • \$60/\$65NR

GY20.135 • 8/20 - 9/17 • \$50/\$55NR

Fri • 3:30-4:15pm

GY20.136 • 5/15 - 6/19 • \$60/\$65NR

GY20.137 • 6/26 - 8/7 • \$60/\$65NR

GY20.138 • 8/21 - 9/18 • \$50/\$55NR

Beginning Gymnastics

Children learn basic gymnastics skills and progressions that promote strength, flexibility, and cardiovascular fitness.

Ages: 6 - 10

Tues • 4-5pm

GY20.139 • 5/12 - 6/16 • \$68/\$63NR

GY20.140 • 6/23 - 8/4 • \$68/\$63NR

GY20.141 • 8/18 - 9/15 • \$57/\$72NR

Fri • 5:30-6:30pm

GY20.142 • 5/15 - 6/19 • \$68/\$73NR

GY20.143 • 6/26 - 8/7 • \$68/\$73NR

GY20.144 • 8/21 - 9/18 • \$57/\$62NR

Intermediate Gymnastics

Allows children to take skills learned in Beginning Gymnastics to a more challenging level. Participation requires instructor approval.

Ages: 7 - 10

Tues • 5:10-6:10pm

GY20.145 • 5/12 - 6/16 • \$68/\$63NR

GY20.146 • 6/23 - 8/4 • \$68/\$63NR

GY20.147 • 8/18 - 9/15 • \$57/\$72NR

Fri • 4:15-5:15pm

GY20.148 • 5/15 - 6/19 • \$68/\$73NR

GY20.149 • 6/26 - 8/7 • \$68/\$73NR

GY20.150 • 8/21 - 9/18 • \$57/\$62NR



What to Wear

Please wear comfortable clothes.
Children will take off socks and shoes.

Expressions

Academy of Dance



Dance Classes

Come experience Expressions Academy of Dance's approach to building self-confidence and giving students the solid foundation they need to become fearless dancers and individuals.

Location: Expressions Dance Academy, 780 Sterling Parkway, Suite 30, Lincoln, CA 95648

Dance Discovery, Mommy & Me Ballet

This 45 minute class is a magical way for you and your toddler to experience dance and movement together. Each week will begin with a fun song and dance warm up where they will be introduced to Ballet basics. This class includes dance, yoga, rhythm, music, singing and basic tumbling. Ages: 2 - 3

Sat • 10:30-11:15am
DA20.100 • 4/11 - 5/2 • \$60/\$65NR
DA20.101 • 8/15 - 8/29 • \$45/\$50NR

Creative Movement

This class promotes creativity, dreams and pretend. This class includes Ballet, basic tumbling skills, yoga, creative movement and imagination. Dancers will move with scarves, wands and ribbons. They will make music with tambourines, maracas and rhythm sticks, and dream with their whole heart. Our purpose is to create a class that is fun, where each child feels excited, accepted and inspired. Ages: 3 - 4

Sat • 9:30-10:15am
DA20.102 • 4/11 - 5/2 • \$60/\$65NR
DA20.103 • 8/15 - 8/29 • \$45/\$50NR

Hip Hop Mini's

This class is designed for the kids who just love to move and groove! This class combines Jazz and Hip Hop in a fun and age appropriate way! We learn the basic techniques of both genres, and create exciting and energetic dances. Ages: 4 - 5

Sat • 9:30-10:25am
DA20.104 • 4/11 - 5/2 • \$70/\$75NR
DA20.105 • 8/15 - 8/29 • \$55/\$60NR

Ballet & Tap

This class is for the dancer who loves to move! Each week class begins with Ballet and changes shoes half way through! Students will learn new Ballet and Tap fundamentals, all the while having fun being creative and imaginative. The Ballet & Tap combo gives the students the ability to try two styles within one class, so that they may experience both the classics of Ballet and the fun of tap! Ages: 4 - 5

Sat • 10:30-11:25am
DA20.108 • 4/11 - 5/2 • \$70/\$75NR
DA20.109 • 8/15 - 8/29 • \$55/\$60NR

Ballet Level 1

Our Ballet program follows the RAD (Royal Academy of Dance) Curriculum of teaching. Ballet has a long history of producing beautiful and strong dancers that exude poise and grace. We strive for excellence in technique, proper terminology, and teaching the importance of confidence while dancing. Everyone should get a chance to take Ballet, to learn new skills, meet new friends and ignite self worth. Ages: 6 - 8

Fri • 5:30-6:30pm
DA20.110 • 4/10 - 5/1 • \$70/\$75NR
DA20.111 • 8/14 - 8/28 • \$55/\$60NR

Hip Hop

With clean, upbeat music we inspire our dancers to move to the rhythm. Our Hip Hop/Jazz classes fill dancers with energy and excitement. While focusing on both Hip Hop and Jazz techniques from classic styles to new modern aspects. Ages: 6 - 8

Fri • 5:30 -6:25pm
DA20.106 • 4/10 - 5/1 • \$70/\$75NR
DA20.107 • 8/14 - 8/28 • \$55/\$60NR

What to Wear

Ballet, Creative Movement, Dance Discovery, and Ballet & Tap:

- Any color leotard, pink tights, ballet shoes (Tap shoes for Ballet & Tap)

Hip Hop & Hip Hop Mini's:

- Any color leotard and black on the bottom (leggings, pants, capris, or shorts)
Bare feet or tan jazz shoes

All dancers must have their hair up in a ponytail, braid or bun

** Dress Code items available for purchase at Expressions Academy of Dance*

If you have any questions regarding Expressions Academy of Dance classes or dress code, give the office a call, and we will be happy to assist you. (916) 543-0299.



Trolls camp is a fun exciting three day camp full of fun and exciting activities and dance movements. During the three days campers work on crafts, team building games and learning new dance moves all based around the Trolls movie and music. Every day of camp we build onto a dance routine that we perform on the last day of camp for the adults coming for pick up. We also provide a snack for all campers. Ages: 4-8

Mon, Tues, Wed • 10am-1pm
DA20.112 • 7/6 - 7/8 • \$150/\$155NR



Level Up Gamer Dance Camp is a fun exciting three day camp full of fun and exciting activities and dance movements. During the three days campers work on crafts, team building games and learning new dance moves all based around Video Games such as Fortnite and Minecraft. Every day of camp we build onto a dance routine that we perform on the last day of camp for the adults coming for pick up. We also provide a snack for all campers. Ages: 6-10

Mon, Tues, Wed • 10am-1pm
DA20.113 • 7/20 - 7/22 • \$150/\$155NR



Twirling Classes

Baton twirling is an exciting sport, which involves twirling the baton, dance and acrobatics. Nash Twirling Academy is coached by Mark and Ella Nash. Nash Twirling Academy currently has State, Regional and National champions in their club. Sibling and multi class discounts available.

Location: Twelve Bridges Middle School

No class dates: 6/2, 6/4

Beginner

This class is designed to teach children the basics of baton twirling. It is necessary to follow this class for a minimum of two months before a student can move on to the other baton twirling classes. Not only will you learn how to twirl the baton, but you will also learn the basics of body and baton movements needed for baton twirling. You will learn flexibility, musicality, agility, ambidexterity, and most of all... have a lot of FUN! Students who start in February are eligible to take part in the 4th of July parade with Nash Twirling Academy!

Ages: 8+

Tues • 6-7pm

DA20.114 • 4/28 - 5/19 • \$60/\$65NR

DA20.115 • 5/26 - 6/23 • \$60/\$65NR

Thurs • 8-9pm

DA20.116 • 4/30 - 5/21 • \$60/\$65NR

DA20.117 • 5/28 - 6/25 • \$60/\$65NR

Individual Events I

In this class, baton twirlers will prepare themselves to participate in individual twirling events at competitions: Presentation, Solo, Strut, 2-baton and Artistic twirl. Classes are taught in small groups of maximum 4 students who will rotate between learning new skills and individual practice.

Ages: 8+

Tues • 6-7pm

DA20.118 • 4/28 - 5/19 • \$60/\$65NR

DA20.119 • 5/26 - 6/23 • \$60/\$65NR

Individual Events II

In this class, baton twirlers will prepare themselves to participate in individual events at competitions: Presentation, Solo, Strut, 2-baton and Artistic twirl. Classes are taught in small groups of maximum 4 students who will rotate between learning new skills and individual practice.

Ages: 8+

Tues • 7-8pm

DA20.120 • 4/28 - 5/19 • \$60/\$65NR

DA20.121 • 5/26 - 6/23 • \$60/\$65NR

Compulsories

In this class, baton twirlers will prepare themselves to learn twirling compulsories: the detailed, described, obligated exercises necessary to acquire skills that can be "passed" at competitions, in order to participate in the Freestyle event at competitions. The compulsories class starts with the lowest level: C-compulsories, which are the basic movements in baton twirling. After the C level is passed, the athlete will move on through the following levels: B, B1, B2, A, AA, AAA and Elite. Elite compulsories will prepare athletes to perform freestyles in the highest level of baton twirling, which can ultimately lead to being on the USA team, to represent our country at International competitions and championships.

Ages: 8+

Tues • 8-9pm

DA20.122 • 4/28 - 5/19 • \$60/\$65NR

DA20.123 • 5/26 - 6/23 • \$60/\$65NR

Team Technique

In this class baton twirlers twirl together as a team of 4 to 8 athletes. The team is preparing to take part as a team in local, regional and national competitions. Techniques are practiced to make sure these are mastered before they can put in the choreographed portion of the team class. Before athletes can take part in this class, they need to have passed the beginners/recreational class.

Ages: 8+

Thurs • 6-7pm

DA20.124 • 4/30 - 5/21 • \$60/\$65NR

DA20.125 • 5/28 - 6/25 • \$60/\$65NR

Team Choreography

In this class, baton twirlers learn the choreography of a routine with which the twirlers are participating at competitions. Before athletes can take part in this class, they need to have passed the beginners/recreational class, AND take the team class technique every week.

Ages: 8+

Thurs • 7-8pm

DA20.126 • 4/30 - 5/21 • \$60/\$65NR

DA20.127 • 5/28 - 6/25 • \$60/\$65NR

What to Wear

Leggings and t-shirt with jazz shoes

Multi Class & Sibling Discounts

- 2 classes per week save \$20
- 3 classes per week save \$50
- 4 classes per week save \$90
- 5 classes per week save \$130
- 6 classes per week save \$170.
- Siblings receive 10% off

- One time registration fee of \$25
- \$30 Baton Fee
- \$70 Costume Fee
- \$15 T-shirt fee (if participating in 4th of July parade)
- \$50 club jacket fee (competitions and/or holiday parade)





YOUR TOTAL SOCCER SOLUTION

Challenger Sports' team of professional British, Brazilian and International soccer coaches will make each soccer class fun, rewarding and challenging for all children. Over 150,000 kids each year are coached by Challenger Sports staff all over the USA and each get the great cultural experience of being coached by a foreign coach and learn about other countries around the World that play the great game of Soccer! Classes are six week sessions.



Soccer Academy

Location: Foskett Regional Park
Instructor: British Soccer Staff
Day: Monday
Fee: \$98/\$103NR

Soccer Academy I

Ages: 4-5

Soccer is fun! That will be the focus of this class. Kids will be encouraged to enjoy the sport of soccer. They will learn soccer skills that will keep them playing for future years. They will make new friends and learn the basics of the game through small sided scrimmages and fun games.

YF20.124 • 4/20 - 6/1 • 5-5:45pm
No Class, 5/25



What to Wear

British Soccer:

Please wear soccer/sports attire. Shin guards and soccer cleats are recommended, but not required. No open toed shoes.

Soccer Academy II

Ages: 6-7

With fun still a big part, we now introduce specific coaching points such as how to pass a ball, how to dribble past defenders, shoot a goal and have fun while in a safe and progressive environment. Small sided games make the coaching beneficial in a realistic game scenario.

YF20.125 • 4/20 - 6/1 • 5:45-6:30pm
No Class, 5/25

Soccer Academy III

Ages: 8-12

The focus is on refining and improving techniques in terms of passing, dribbling, shooting, defending and individual foot skills and 1 vs 1 moves. Still an element of fun but a focus on challenging the player and ensuring they improve over the course of the class. A scrimmage to put skills to the test will end each class.

YF20.125 • 4/20 - 6/1 • 6:30-7:30pm
No Class, 5/25



TinyTykes

Challenger Sports coaches and the TinyTykes program teach basic soccer skills while developing strength, balance, coordination, listening skills, cooperation, and teamwork in children ages 2 - 5 years old.

Location: Pete Singer Park
Instructor: British Soccer Staff
Day: Friday
Fee: \$98/\$103NR



Cubs

Ages: 2-3

YF20.127 • 4/17 - 5/22 • 9:30-10:15am

Lions

Ages: 4-5

YF20.128 • 4/17 - 5/22 • 10:30-11:15am



Also offering TinyTykes Camp!

See page 8 for details

What to Wear

TinyTykes:

Please wear comfortable sports clothes. Shin guards and soccer cleats are recommended, but not required. No open toed shoes.



Location: Twelve Bridges Elem
Instructor: Rick Bauer



Hoop Improvement For Kids

Hoop Improvement For Kids is designed for players who are beginner to intermediate and want to learn about basketball in a non-competitive setting. Each class will feature easy to learn instruction along with creative games that will develop their skills, knowledge and love of the game. Coach Rick Bauer is the owner and coach of Good Sport U. Some parental play is requested in this program. Hustle over to www.GoodSportU.com for more information.

Day: Wed
Fee: \$55/\$60NR

Ages: 4 - 6
YF20.120 • 4/29 - 5/20 • 6-6:55pm

Ages: 7 - 9
YF20.121 • 4/29 - 5/20 • 7-7:55pm



We also offer a Hoop Improvement Summer Skills Camp
See page 8 for details



Come out to the field and have fun learning the basics of T-Ball and the value of sportsmanship. We will practice hitting, catching, throwing and running the bases. Fun drills and scrimmages will be played. All equipment is provided, so come on out and play. **Parent participation required.**

Location: McBean Memorial Park
Instructor: Coach Dani
Day: Saturday
Fee: \$50/\$55NR

T-Ball 1

Just the basics in this class. Your little one will learn how to hit, catch, throw and run the bases.

Age: 3.5 - 4

YF20.145 • 4/18 - 5/9 • 8:45-9:30am
YF20.146 • 5/16 - 6/6 • 8:45-9:30am

T-Ball 2

If your little one is just a beginner, or is working on their T-Ball skills, this is the class for them. We will focus on basic fundamentals and incorporate some more advanced skills.

Age: 4.5 - 5

YF20.147 • 4/18 - 5/9 • 9:45-10:30am
YF20.148 • 5/16 - 6/6 • 9:45-10:30am



Put Some Excitement In Your Life

Ages: 6 - 12

Location: Skatetown, 1009 Orlando Ave, Roseville

Beginner Ice Skating

If you are a beginner ice skater, this is the class for you. Learn forward and backward skating, swizzles, one foot glides, a two foot spin and more. Includes use of skates. Makeup classes are not available.

***Please arrive 45 minutes prior to class time on the first day**

Wed • 5:45-6:15pm • \$80/\$85NR

YF20.112 • 4/22 - 5/13
YF20.113 • 5/20 - 6/10
YF20.114 • 6/17 - 7/8
YF20.115 • 7/22 - 8/12
YF20.116 • 8/19 - 9/9

Beginner Ice Hockey

Come learn the exciting and rapidly growing sport of Ice Hockey! This 4-week introductory class is designed to teach basic hockey skills and get kids hooked on hockey. Includes free hockey jersey, use of skates, helmet, gloves, and stick and one 75 minute class each week. Makeup classes are not available.

***Basic Ice Skating skills are required for participation in this class. Please arrive by 10:15am**

Sun • 11am-12:15pm • \$85/\$90NR

YF20.117 • 5/3 - 5/31
No Class, 5/24
YF20.118 • 6/7 - 6/28
YF20.119 • 8/2 - 8/23



CITY OF LINCOLN
MAYORS CUP
GOLF CHALLENGE
Friday, September 25th
Lincoln Hills Golf Club

The Mayor's Cup Golf Challenge is a golf tournament that benefits the youth programs offered by the City of Lincoln Recreation Department and has helped us reach over 10,000 youth participating in aquatics, youth sports, community classes and camps. The proceeds from this event help with program costs for all participants and allow us to award scholarships to low income families in our community. New this year, we will be accepting a limited number of individual entries.

For more information visit www.LincolnRec.net

Kuk Sool Won

Location: Community Center
Instructor: John Santilena



Juniors 1

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won.

Ages: 6-12

Mon/Wed • 6-7pm

YF20.106 • 5/18 - 6/24 • \$110/\$115NR

No Class, 5/25

YF20.107 • 7/6 - 8/5 • \$90/\$95NR

Juniors 2

For those who have mastered Juniors 1

Tues/Thurs • 7-8pm

YF20.108 • 5/19 - 6/25 • \$110/\$115NR

YF20.109 • 7/7 - 8/6 • \$90/\$95NR

Advanced Black Belt

Ages: 10+

Mon • 5-6pm

YF20.110 • 5/18 - 6/22 • \$110/\$115NR

No Class, 5/25

YF20.111 • 7/6 - 8/3 • \$90/\$95NR

**We also offer
Adult Kuk Sool Won and Tennis Classes!**

See page 18 for details

Turtle Tots

Introduce your child to the high energy environment of Martial Arts in this class for boys and girls. Turtle Tots is designed to help improve a child's balance, flexibility, coordination, self-confidence, respect and self-discipline.

Ages: 3.5-5

Tues • 6:30-7pm

YF20.100 • 5/19 - 6/23 • \$72/\$77NR

YF20.101 • 7/7 - 8/4 • \$60/\$65NR

Thurs • 6:30-7pm

YF20.102 • 5/21 - 6/25 • \$72/\$77NR

YF20.103 • 7/9 - 8/6 • \$60/\$65NR

Dragons

Beyond Turtle Tots but not ready for the Junior Martial Arts Program, Dragons is for children 5-6 years of age who have attended several Tots sessions but still may not be ready for Juniors. Dragons is designed for fun and to help improve your child's balance, flexibility, coordination, self-confidence, respect, and self-discipline. Sessions will also stress following instructions and working with others in a team setting. Uniforms are optional.

Ages: 5-6

Wed • 5:15-6pm

YF20.104 • 5/20 - 6/24 • Wed • \$90/\$95NR

YF20.105 • 7/8 - 8/5 • Wed • \$75/\$80NR

Material Fee:

Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt).

- Dragons - \$80 (optional)
- Juniors - \$80
- Adults - \$100

Family Discounts:

1-full price, 2-full price, 3-half price, 4 & on-FREE



Tennis

Location: Jimenez Park, Tennis Courts
Instructor: Peter Haddow



Little Steps I

Age: 5-7

Fee: \$35/\$40NR

A program for boys and girls ages 5-7 aimed at developing tennis skills and sportsmanship with an emphasis on fun and games.

YF20.132 • 5/7 - 5/28 • Thurs • 3:30-4pm

YF20.133 • 7/2 - 7/23 • Thurs • 8-8:30am

YF20.134 • 8/6 - 8/27 • Thurs • 3:30-4pm

Pre-Academy I

Age: 8-12

Fee: \$60/\$65NR

A weekly class for pre-teen boys and girls geared towards building solid fundamental tennis skills in a fun environment.

YF20.135 • 5/7 - 5/28 • Thurs • 4-5pm

YF20.136 • 7/2 - 7/23 • Thurs • 8:30-9:30am

YF20.137 • 8/6 - 8/27 • Thurs • 4-5pm

Pre-Academy II

Age: 12-16

Fee: \$60/\$65NR

A weekly tennis class for boys and girls ages 12 and older. Students will learn proper technique and participate in targeted drills designed to improve consistency and shot making.

YF20.138 • 5/7 - 5/28 • Thurs • 5-6pm

YF20.139 • 7/2 - 7/23 • Thurs • 9:30-10:30am

YF20.140 • 8/6 - 8/27 • Thurs • 5-6pm

Academy I

Age: 8-12

Fee: \$60/\$65NR

A weekly tennis class for boys and girls ages 8-12 to further develop skills. Emphasis will be on drills and match play. This class is not for beginners. Students must have taken at least 2 sessions of Pre-Academy I to be eligible for Academy Tennis I. **Racquet Required*

YF20.141 • 5/5 - 5/26 • Tues • 4-5pm

YF20.142 • 8/4 - 8/25 • Tues • 4-5pm

Academy II

Age: 12-16

Fee: \$60/\$65NR

A weekly tennis class for boys and girls ages 12-16 to further develop tennis skills. Emphasis will be on drills and match play. This class is not for beginners. Students must have taken at least 2 sessions of Pre-Academy II to be eligible for Academy Tennis II. **Racquet Required*

YF20.143 • 5/5 - 5/26 • Tues • 5-6pm

YF20.144 • 8/4 - 8/25 • Tues • 5-6pm



Lifeguard Training Class

This class will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The class provides certifications needed for Lifeguards in California; Lifeguarding, CPR/AED for the Professional Rescuer, First Aid for Public Safety Personnel (Title 22) and Bloodborne Pathogens. You must pass an untimed 300 yd swim using front crawl and breaststroke and a timed 20 yd swim starting in the water, surface dive (head or feet first) to 10 lb. object between 7 and 10 feet, surface and swim back holding object on surface of the water with both hands in 1 minute 40 seconds. Must bring pocket mask to class.

AQ20.199 • 4/6 - 4/10

Ages: 15+

Day: Mon-Fri

Time: 8am - 5pm

Fee: \$195/\$200NR

Location: McBean Memorial Pool

LIFEGUARD CERTIFICATION COURSES

Will you wear the Whistle?



Online Driver Education Course

Economic Driving School

This state required Online Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, video's, quizzes, and practice tests will prepare the reader to pass the permit test at the Department of Motor Vehicles.

The course is very easy to use. You simply log into the website. Enroll, and you can begin immediately!

Ages: 15+

Fee: \$68.50

For more information about the course and to register go to:

<https://www.economicdrivingschool.com/online/>

Instructions to register:

1. Enter code • 3223 • under "How did you hear about us?"

2. Enter Promo Code "1978" to receive 40% off.



Safety Classes

Home Alone Training

Will your young teen be staying home alone this summer? Prepare yourself and your child for this new adventure with Home Alone Training. This class will teach the skills your child will need to be home alone safely. Includes walking home, key responsibility, securing the house, answering the phone, safe choices, and emergency procedures. Certificate for both At Home Alone and First Aid is presented upon completion of the workshop. Handouts are included.

TW20.100 • 5/11

Ages: 9-15

Day: Mon

Time: 1pm - 4pm

Fee: \$45/\$50NR

Location: Lincoln Community Center



Babysitting Certification

Are you ready to become a babysitter? This class is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old. Cost includes Red Cross Certification, book and a snack.

TW20.101 • 5/2-5/3

Ages: 11-15

Day: Sat & Sun

Time: 9:00am - 12:00pm

Fee: \$85/\$90NR

Location: Twelve Bridges Library



Teaching Young Teens

who babysit or stay home alone to be safe and secure!



Lincoln Youth Sports CAMPS



Basketball Skills Camp

Players will learn and practice key fundamental and advanced skills including footwork, rebounding, defense and offensive position specific skills while incorporating this training into competitions and scrimmages. This is a great camp for all players looking to have fun, improve skills, and take their game to the next level.

Fee: \$80

Location: Twelve Bridges Middle School

Grades: 3rd - 5th • 10am-12pm

Grades: 6th - 8th • 1-3pm

Session 1

Registration Deadline: 6/21

Dates: 6/22 - 6/26 • Mon-Fri

Session 2

Registration Deadline: 7/19

Dates: 7/20 - 7/24 • Mon-Fri



Volleyball Summer Skills Camp

Come participate in this week-long youth volleyball camp to learn and polish those skills. Get some extra practice as we will focus on strengthening individual skill sets and incorporating them into game situations all while having tons of fun.

Registration Deadline: 7/12

Fee: \$80

Location: Twelve Bridges Middle School

Dates: 7/13 - 7/17 • Mon-Fri

Grades: 3rd - 5th • 10am-12pm

Grades: 6th - 8th • 1-3pm



Flag Football Boot Camp

Our Lincoln Youth Flag Football season is rapidly approaching, so here is your chance to dust off your cleats and get some training in before the first practice! Get a great workout with this week-long, 2 hour skills camp that will cover everything you will need to work on for the upcoming season.

Registration Deadline: 7/26

Fee: \$80

Location: Foskett Regional Park

Dates: 7/27 - 7/31 • Mon-Fri

Grades: 3rd - 8th • 9-11am



GIVE A LITTLE, GET A LOT!

Be a youth sports coach today.

Flag Football coaches needed

**10 Week Commitment...
A Lifetime of Impact!**





Lincoln Youth Sports FALL LEAGUES

Lincoln Youth Flag Football League "Friday Nights, Under the Lights"

Lincoln Recreation is excited for another season of Lincoln Youth Flag Football for all boys and girls in the 1st - 8th grades. Lincoln Youth Flag Football is a non-contact, 5 on 5 league with practices twice a week. The Fall Season will feature a player combine followed by a player draft for 3rd - 8th grade divisions. 1st and 2nd grade teams will be randomly assigned. Come out and join us for this exciting flag football experience. Games will be scheduled for Friday nights at Foskett Regional Park.

Registration Deadlines & Fees

Early: 3/20 - 5/31 • \$110
Regular: 6/1 - 8/16 • \$120
Late: 8/17 - 8/21 • \$130

\$10 sibling discount

Flag Football Player Combine

Saturday • 8/22

Location: Foskett Soccer Field #4

3rd & 4th Grade • 10am

5th & 6th Grade • 11:30am

7th & 8th Grade • 1:00pm

Please arrive 15 minutes early for check-in



TRACK AND FIELD CLUB



Join us for track and field! We have partnered with the Lincoln High School Track & Field program to offer an introduction to Track & Field. Participants will learn a variety of different events, such as: sprints, distance, long jump, high jump, hurdles and shot put. Participants will receive instruction on proper fundamentals and form. Instruction consists of proper warm-up routines, form-work, games and special activities.

Grades: 3rd-8th

Location: Lincoln High School Track

Spring Session

Registration Deadline: 4/6

Dates: 4/7, 4/8, 4/9

Fee: \$55

Day: Tues, Wed & Thurs

Time: 10am - 12:00pm

Summer Session I

Registration Deadline: 6/15

Dates: 6/16 - 6/25

Fee: \$60

Day: Tues/Wed/Thurs

Time: 10am - 12pm

Summer Session II

Registration Deadline: 7/13

Dates: 7/14 - 7/23

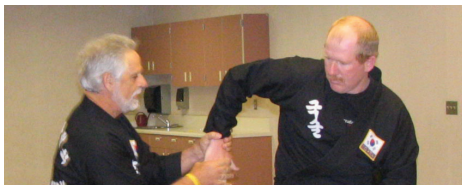
Fee: \$60

Day: Tues/Wed/Thurs

Time: 10am - 12pm



FOR MORE INFORMATION OR TO REGISTER, GO TO WWW.LINCOLNYOUTHSPORTS.COM



Adult Kuk Sool Won

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. With instructor John Santilena you will develop strength, quickness, balance, timing, flexibility, and coordination while improving your concentration, self-discipline and self-control. If you feel you are up for the challenges developed by the Korean Masters, here is your opportunity.

Age: 13+

Location: Lincoln Community Center



Mon/Wed • 7-8pm

AF20.100 • 5/18 - 6/24 • \$110/\$115NR

AF20.101 • 7/6 - 8/5 • \$90/\$95NR

Material Fee:

Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt).

- Dragons - \$80 (optional)
- Juniors - \$80
- Adults - \$100

Family Discounts:

1-full price, 2-full price, 3-half price, 4 & on-FREE

Self Defense For Women

Would you feel more comfortable with the ability to use simple items such as magazines, keys, and umbrellas as a means to protect yourself? Are you interested in boosting your confidence in situations where you presently find yourself uncomfortable? You will discuss and practice some common-sense ideas on what to look for, how to avoid a situation and some basic ideas of how to react should defense become necessary. Wear something comfortable,

Age: 15+

Location: Lincoln Community Center

Friday • 7-8pm

AF20.102 • 5/22 - 6/26 • \$90/\$95NR

AF20.103 • 7/10 - 8/7 • \$75/\$80NR

Lincoln Senior Center

Age: 55+

Location: 391 H Street, Lincoln, CA 95648

The senior center is open Monday through Friday from 10:30am-1:00pm.

If you are interested in receiving a meal, please sign-up at the cafe' or call in to reserve your meal at 530.878.5718. If you are interested in attending, volunteering or supporting the Lincoln Senior Center please go to our web-page www.lincolnseniorcenter.org and enter your email address to receive updates. * *suggested contribution is \$3 per meal, but no one will be turned away if they are unable to contribute.*



Lincoln Senior Center
Keeping Seniors Connected to their Community



Seniors First
Keeping Placer County Seniors Independent and Not Forgotten



Adult Intermediate Tennis

A tennis course for adults who play regularly and have a NTRP rating of 3.0 or higher. Groundstrokes, serves, volleys will be reviewed in addition to tactics, proper footwork and effective use of spin. The emphasis will be on drills and doubles play.

*Registration for this class requires instructor approval. Please contact the Recreation Department for enrollment (916) 434-3220.

Age: 16+

Fee: \$60/\$65NR

Location: Jimenez Park, Tennis Courts

Instructor: Peter Haddow

AF20.104 • 5/7 - 5/28 • Thurs • 6-7pm

AF20.105 • 8/6 - 8/27 • Thurs • 6-7pm

Adult Beginner Tennis

A course for adults who would like to learn to play tennis, the sport of a lifetime. Forehands, backhands, serves, volleys and specialty shots will be covered in addition to the rules of the game and proper tennis etiquette.

Age: 16+

Fee: \$60/\$65NR

Location: Jimenez Park, Tennis Courts

Instructor: Peter Haddow

AF20.106 • 5/7 - 5/28 • Thurs • 7-8pm

AF20.107 • 8/6 - 8/27 • Thurs • 7-8pm



Adult Programs

The Library isn't just for kids. Come check out our new adult programs at the library, including Science Talks, a Mystery Book Club, an Award-Winning Book Club and Author Visits to the Library.

New! Conversation Club

The Conversation Club is a fun, relaxed place for adults learning English to practice their speaking skills! Participants will learn about American culture, get to know the community, and meet people from other cultures and backgrounds.

Wed • 4/1 - 8/26 • 12 - 1:30PM

Twelve Bridges Library – Fir Room

For more info on any of our adult programs, please feel free to stop by the library or to check out our website.



Pop-Up PILATES

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. In Pilates, we primarily target the core muscles, although it is truly a whole-body workout. You will notice increased balance and relaxation, strengthening and toning of important core muscles, and even relief of back pain. There are so many benefits to Pilates! **Please bring yoga mat.**

Age: 18+

Location: Community Center Gym

Instructor: Csilla Horvath-Lewis

Day: Wed

Time: 10-11am

AF20.108 • 4/15 - 5/13 • \$75/\$80NR



Lincoln Adult Sports SUMMER LEAGUES



Adult Softball

The City of Lincoln offers men's, women's and co-ed softball leagues each spring, summer & fall with all games being played at the Eleanor Carnesecca Softball Complex at Foscett Regional Park. Your team registration fee includes one umpire, scorekeeper, eight regular season games, playoffs for the top four teams in each division, and prizes valued at \$200 for each division champion. Depending on the number of teams to register, each league will be divided, based on skill level, to form divisions consisting of 4 to 9 teams. ASA rules govern play.

Registration Deadlines & Fees

Early: 3/20 - 4/12 • \$475
Regular: 4/13 - 5/27 • \$500
Late: 5/27 - 6/2 • \$525

Women's Softball

Location: Foscett Regional Park
Start Date: June 15
Day: Monday Nights

Co-ed Softball

Location: Foscett Regional Park
Start Date: June 9
Day: Tuesday Nights

Men's Softball

Location: Foscett Regional Park
Start Date: June 11
Day: Thursday Nights



Adult Basketball

Do you have a squad that wants to play basketball over the Summer? Come join us for our inaugural Adult 3-on-3 Basketball League. This league will be a 3-on-3 half court league for is for Adults 18+ ONLY. You bring the team and we'll handle the rest.

Registration Deadlines & Fees

Regular: 4/13 - 5/27 • \$250

3-on-3 Basketball

Location: Lincoln Community Center
Start Date: June 1
Day: Monday Nights



Adult Volleyball

Do you have a squad that wants to play basketball over the Summer? Come join us for our inaugural Adult 3-on-3 Basketball League. This league will be a 3-on-3 half court league for is for Adults 18+ ONLY. You bring the team and we'll handle the rest.

Registration Deadlines & Fees

Regular: 4/13 - 5/27 • \$475

Co-ed Volleyball

Location: Lincoln Community Center
Start Date: May 31
Day: Sunday Nights

FREE AGENT LIST

New to Lincoln or just can't put a whole team together?

Join our Free Agent program. We accept individual registration on an on-going basis for all of our adult sports leagues and form teams when there is enough interest to do so.

If there are not enough free agents to form a team, the Free Agent List with your name and contact information will be distributed to all team captains prior to the start of the season. Free agent registration is only taken online at www.lincolnrecsports.com.

LEAGUE INFORMATION

Team registration can be processed online at www.lincolnrecsports.com or at the Lincoln Community Center, 2010 First Street. League fees must be paid in full by the late registration deadline date.



Fall Registration Starts in July! More Information online @ www.LincolnRecSports.com!



FACILITIES & SCHOOLS

Virginiatown Rd

McBean Park Drive / Hwy 193

To Newcastle

Sierra College Blvd

Stoneridge Blvd

Twelve Bridges

Twelve Bridges Dr

Old Kenmare Rd

Map © 2018 City of Lincoln and Blue Cat Studio, Inc.
REV 2018.11.6

1	Aitken Park	C6
2	Auburn Ravine Park						*		E5
3	Brown Park	B2
4	Coyote Pond Park	H9
5	Foskett Regional Park . . .	*	*				*.*.		C2
6	Joiner Park	*	*				.*		D4
7	Machado Park	C5
8	Markham Park*	.*	C3
9	McBean Park	*	*	*	*	*	*.*.	*.*.	E4
10	Nathan Dubin Park		*	*	*		*.*.	*.*.	C7
11	Palo Verde Park	G3
12	Pete Demas Park								D7
13	Peter Singer Park	*	*				*.*.	.	D6
14	Robert Jimenez Park . . .	*		*			*		D6
15	Scheiber Park	C4
16	Sheffield Park	E6
17	Twelve Bridges Park	*	*				*.*.		G9
18	Wilson Park	*					*.*.		E9

19	Carlin C. Coppin Elementary	F3
20	Creekside Oaks Elementary	C5
21	First Street Elementary	D5
22	Foskett Ranch Elementary	C2
23	Glen Edwards Middle School	D4
24	Lincoln Crossing Elementary	D6
25	Lincoln High School	E4
26	Twelve Bridges Elementary	G9
27	Twelve Bridges Middle School	E9

28	Beermann Plaza	E4 (inset A9)
29	City Hall / WPUSD District Offices	E4 (inset A8)
30	Civic Auditorium	E4 (inset B9)
31	Corporation Yard	A2
32	Fire Station #33	F4 (inset C9)
33	Fire Station #34	C5
34	Fire Station #35	F9
35	Lincoln Community Center	C4
36	Lincoln Regional Airport	A2
37	McBean Park Pavilion	F4 (inset B10)
38	Police Department	E4 (inset A8)
39	Twelve Bridges Library	E9

485 Twelve Bridges Drive

(916) 434-2410 • 485 Twelve Bridges Drive

For current hours, programs, fundraisers, and happenings check the Library's website or Facebook page.

www.libraryatlincoln.org
www.facebook.com/libraryatlincoln
Library@lincolncal.gov

Remember, our digital branch is always open! Our e-books and online databases are available to you 24/7!

Friends of the Lincoln Library

The Friends of the Lincoln Library (FOLL) invite you to join them in helping the Twelve Bridges Library! The Friends support various programs, including our Read For The Record, Summer Reading Program, Mother Goose On The Loose, Author Visits, Read Across America, Homework Center, Family Movie Night, Star Wars Day, Mystery Book Club, EBSCO research databases, and many others. To fund these programs the Friends hold quarterly book sales and manage a daily ongoing book sale inside the library. Your membership also helps to keep the Library open and programs running. Thank you, Friends!
Regular FOLL meetings: 2nd Tuesday of each month from 10am-12pm at Twelve Bridges Library- Willow Room

Book Sale

Hundreds of fiction, non-fiction, bestsellers, paperbacks, and children's books will be available for purchase. Prices start at \$0.25 and all proceeds go to the Friends of the Lincoln Library sponsored programs.

Sat • 6/6 • 11am-3pm
 Twelve Bridges Library - Lobby & Willow Room

Online Learning: Research

Find the most accurate, up-to-date information using Explora at the Lincoln Public Library. This research database is simple to use, and provides information from reference books and magazines as well as relevant images and videos. Explora also provides topic overviews, for those looking to get started learning on a new subject. Find this database, and many others, including research tools dealing with health, legal matters, small business help, learning different languages, and auto repair, under Online Learning on our website, www.LibraryAtLincoln.org. We also have several resources for eBooks and eAudiobooks, including Overdrive and Hoopla! In addition to eBooks, Hoopla also provides our patrons access to movies, TV episodes, music, and comics.

** you will need your library card number to use these services.*

Mother Goose on the Loose

This fast-paced, fun activity for young children, their parents, or caregivers includes activities that help your little one to learn and grow. We play instruments, sing songs, repeat nursery rhymes, march, clap, listen to stories, and do lots of fun movements. Adults must accompany children at all times. Limited to first 100 participants.
 Age: 0-4 years

4/2 - 8/27* • Thurs • 10:30am-11am OR 11:30am-12pm
 Twelve Bridges Library - Homework Center
 *except 4/16, 5/21, 6/18, 7/16, 8/20

Read to a Dog!

www.lendaheart.org
 LAH therapy dogs and their handlers are coming to the Library! Practice your reading skills and make a new four-legged friend by reading a story to a dog. These are trained therapy dogs, so this is also a perfect opportunity to introduce shy young ones to dogs. *Books are provided.* All ages welcome! *Sign ups begin at 2pm*

Sat • 4/18, 5/16, 6/20, 7/18, 8/15 • 3-4pm
 Twelve Bridges Library - Kid's Area

Homework Help for Students

Students needing help or just a quiet place to study can use the Homework Center. This program is run by volunteers who can assist students.
 For grades: 1st - 8th

Mon/Tues/Wed • 4/6 - 5/20 • 2:45-4:45pm
 Twelve Bridges Library - Homework Center

Family Movie Night

FREE- Sponsored by Friends of the Lincoln Library

Join us for FREE family friendly movies - Check the Library website for exact titles! Doors open at 5:30pm, movie starts at 6pm.

Limited to first 100 participants!

Sat • 6pm
 4/18, 5/16, 6/20, 7/18, 8/15
 Twelve Bridges Library
 Willow Room

Family Storytime

Join us for Family Storytime, a fun half hour of books, rhymes, and songs. All ages are welcome to this event, and we have special tips and techniques for building reading skills at home throughout the program. Everyone - parents included - is sure to have a great time and learn something new.

Wed • 4/1 - 5/27 • 3:30-4pm
 Twelve Bridges Library - Kids Area

Poetry Open Mic

The Friends of the Lincoln Public Library invite members of the community to share their love of poetry while enjoying refreshments. Contact Sue Clark at (916) 434-9226. For all ages.

Sun • 4/12, 5/10, 6/14, 7/12, 8/9 • 3-5pm
 Twelve Bridges Library - Willow Room

Dig Deeper @ Your Library!

Summer Reading Program 2020

Earn rewards, get creative, enjoy amazing performances from special guests, and have fun reading for 6 weeks with our annual Summer Reading Program. This year's program, DIG DEEPER @ YOUR LIBRARY, is focused on investigation and will engage readers in looking beyond the surface to discover new information, ideas, and concepts in books, the library, our community, and ourselves. Also, there might be dinosaurs!

Add to your story as we take an exciting journey through books by joining our Summer Reading Program this year. Reading just five books over the summer can prevent the Summer Slide, where kids lose up to 20% of what they learned the previous year. Our reading program begins on June 6 and ends August 1. Join us each Wednesday for the first six weeks for crafts, activities, and other programs!

ALL AGES WELCOME!

Kick Off Party • Saturday • 6/6 • 1 - 3pm • Twelve Bridges Library - Homework Center

Crafts & Activities: Wednesdays • 6/10 - 7/15 • 2:30 - 3:30pm • Twelve Bridges Library - Homework Center

Stop by the Library and pick up an investigation-themed reading log, make a craft, and get some great books to start off your summer reading!

ONLINE.

You can register online at www.lincolnrec.net.
 Register for youth sport leagues at www.LincolnYouthSports.com.
 Register for adult sport leagues at www.LincolnRecSports.com.
 Register 24 hours a day, 7 days a week.

WALK-IN.

You can register in our office at 2010 First Street.

PHONE.

Give us a call at (916) 434-3220.



Register Online Now!

Office Closures

The Community Center will be closed on the following dates:

May 25
July 6

Office Hours

8:30am-4:30pm (closed from 12-1pm)

Park & Recreation Committee Members

Kelly Velasco- Chair
 Richard Moore - Vice Chair
 Dennis Clear
 Jim Datzman
 Dave Fear
 Tim Gervais
 Tim Monelo
 Roger Ueltzen
 Janet Voris

Committee Meetings

The public is invited and encouraged to attend the regular quarterly meetings. Meetings are held on the first Wednesday of March, June, September, and December at 5pm at the City Hall, 600 Sixth Street, First Floor Meeting Room.

Scholarships

Scholarships are available for low income families. In order to obtain a scholarship, an application and income verification must be submitted. Approval of the scholarship may take up to 2 weeks. Please contact the Community Center at (916) 434-3220 for more information.

The City of Lincoln staff reserves the right to photograph facilities, activities and program participants for potential future use in advertising, brochures and the City's web page. All photos will remain the property of the City of Lincoln.

Every effort is made to ensure that the information printed in the Recreation Guide is accurate; however, please be aware that programs, dates, prices, or descriptions may change periodically. In the event of a program change, every effort will be made to notify registrants in a timely manner.

General Information

- Payments can be made using credit card, check or cash.
- Program prices, dates and times are subject to change.
- Class fees will not be prorated for any reason.
- Registration is on a first-come, first-serve basis.
- The City has established non-resident fees for recreation programs. A non-resident is a person who lives outside of the Western Placer Unified School District.

Refund Policy

Community Classes/Camps/Aquatics

- The City of Lincoln reserves the right to cancel, combine or divide classes; change time, date or place of classes; instructor; or make other changes necessary.
- **Failure to attend a class or "no shows" will not be granted a refund.** Refunds are only eligible if received a minimum of 7 days prior to the first class, unless otherwise noted. If a request is turned in less than 7 days, a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing, and can be submitted via fax, walk-in, mail, or email. Please email refund requests to amy.gregory@lincolnca.gov
- If the City of Lincoln cancels a program due to low enrollment, a full refund will be issued.
- If you are not satisfied with any of our programs, please contact the program supervisor.
- The online "convenience fee" will not be refunded.

Adult Sports Leagues

- Requests for refund must be received within 24 hours from the close of registration, unless otherwise noted. If a request is submitted after 24 hours, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to douglas.brown@lincolnca.gov
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a \$20 processing fee.

Youth Sports Leagues

- Requests for refund must be received within 7 days from the close of registration, unless otherwise noted. If a request is submitted after 7 days, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to daniel.friese@lincolnca.gov
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a \$10 processing fee.

Refund Request Forms are available online at www.LincolnRec.net

City of Lincoln Recreation is an approved vendor for the following schools:
 Horizon Charter Schools • South Sutter Charter School • Twin Ridges • Inspire



@lincolnparksrec
 @lincolnca



@lincolnparksrec
 @lysports



@lincolnparksrec
 @lincolncasports



916.434.3220

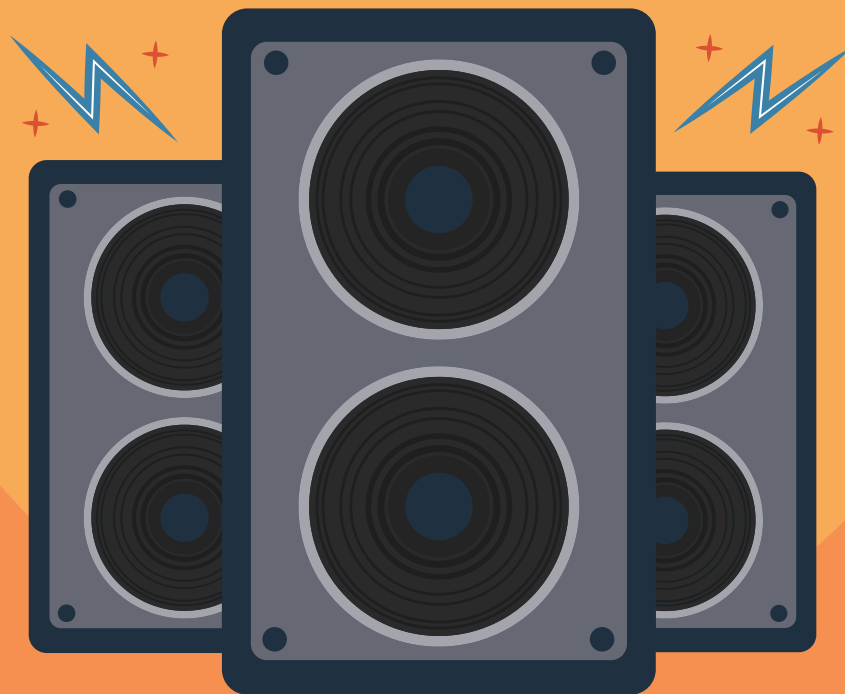
SIGN UP EARLY!

Our programs fill up quickly, so don't wait until the last minute to sign up for a class or program. Go online now to sign up!

www.LincolnRec.net

City of Lincoln
Community Center
2010 First Street
Lincoln, CA 95648

CITY OF LINCOLN
**SUMMER
CONCERTS**



BEERMANN PLAZA

June 26 - North Forty Country

July 24 - Power Play

Aug 21 - Bobbi Zoppi & The Corduroys

FRIDAYS 7PM-9PM

Friday Night Family Fun in Downtown Lincoln

Sponsorship & Vendor Opportunities 916.434.3223